



WHAT JUNIOR CAN DO

Developing good tooth brushing habits at an early age is very important. When Junior is small it is not enough to just "tell" him to brush and rinse. Parents must also supervise tooth brushing and even demonstrate by brushing their child's teeth until they have learned the correct technique. It takes



time for the young child to develop the skill to handle a toothbrush well. Of course the best way to encourage the tooth brushing habit is by example. If the whole family head for their toothbrushes after eating, it becomes a matter of fact routine with junior not needing to be told every time to brush his teeth.

The reason it is so important to brush your teeth immediately after eating is that tooth decay is caused by acids produced by bacteria feeding on sweet food particles in the mouth. Brush them away immediately after every time you eat and you have brushed out the likelihood of decay. If Junior cannot brush after eating, he should rinse his mouth with water.



Encourage your child to eat the foods that are good for health and yet low in decay-producing sugar. Some examples are milk, fruits, vegetables, meat, fish, eggs, cheese and whole-grain cereals. These are also good for snacks. However, restrict sweet foods such as cake, jam, soft drinks and candy which increase tooth decay and dull the appetite for other foods. Establish a special treat time for example after the occasional meal when he can eat his candy and then follow up with tooth brushing.

YOUR CHILD CAN

- Take pride in shining, white teeth.
- Get the habit of brushing right after eating.
- Enjoy eating foods good for health at meals and for snacks.
- Look forward to a special "treat time".

EARLY AND REGULAR DENTAL CARE PAYS OFF IN

- Smiles you are proud of.
- Avoidance of infections.
- A minimum of dental discomfort.
- Lower annual dental bills.
- Better general health.

"MAKE GOOD DENTAL HEALTH A WAY OF LIFE"

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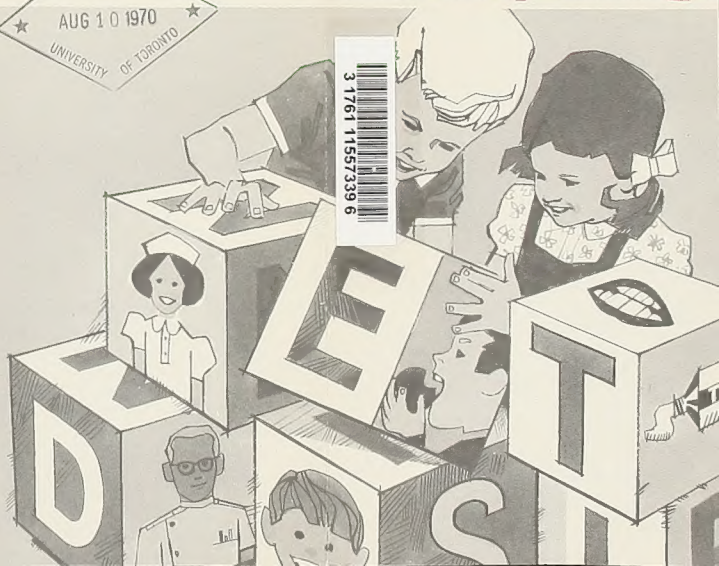
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Dating the Dentist

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PREPARING THE CHILD FOR REGULAR DENTAL CARE

As baby grows into childhood, the years begin to mark themselves off in certain patterns. There is Christmas, every year and his birthday; there are also Halloween and certain special visits — the annual check-up by the doctor for instance.

By the time he reaches 2½ or 3, junior is ready to add another excursion to his list — the first of his many regular twice-a-year visits to the dentist.

WHY START SO YOUNG?

Cavities don't wait for children to grow up. Sixty percent of 3-year-old children already have

tooth decay. However for the 3-year-old tooth decay, premature loss of teeth and resulting crooked teeth can be prevented. The exception may be developmental faults in pits and grooves of the teeth which offer a good reason for early examination by the dentist at the age of 2½ years.

Many mothers don't realize that the primary teeth are far less sensitive than the permanent teeth, and small fillings are practically without discomfort.

It is a good idea to start your child on the habit of regular dental visits at a young age when there is little to be done but examination, x-rays and a prophylaxis (cleaning of the teeth). These can be pleasant experiences. The child who makes a friend of his dentist at an early age will always look forward with pleasure to his regular dental office visits.

Childhood is a time of growth and development of the teeth and jaws as well as the period of most active tooth decay. Keeping your child's teeth in first-class condition during this time will save many discomforts even illnesses in later years.



WHAT THE DENTIST CAN DO

The child may have his own appointment as his first "get-acquainted" visit or preferably come along on one of his parent's visits. It should be treated as another of life's experiences common to everybody. In the first appointment the child's teeth may be cleaned, a pit cavity filled or x-rays taken.

With x-rays the dentist can find small or hidden cavities. Also he can foresee and correct the development of irregular teeth. X-rays are taken with great safety precautions to the patient.

Regular check-ups and treatment usually make it possible to bring a child to adulthood without the loss of a single tooth. And yet, in Canada today, the average 16-year-old has already lost two permanent teeth. This is needless, and it often



results in teeth growing in crooked and not meeting properly. These people with neglected mouths are unable to eat well and also often suffer from gum diseases too.

As the child becomes older he will be more likely to develop gum problems. Often without the person realizing it hard deposits form around the teeth — even if the teeth are well brushed. To



prevent gum disease these deposits must be regularly removed by the dentist or his hygienist. Soft deposits including food debris also irritate the gums causing swelling and bleeding. The dentist or his dental hygienist will give instruction in the proper tooth brushing method to prevent soft deposits accumulating.

THE DENTIST CAN

- Make friendly visits out of dental appointments.
- Treat decayed teeth while the damage is slight.
- Take the necessary steps to prevent problems with developing teeth and jaws.
- Explain the child's home care of his teeth.

WHAT MOTHERS CAN DO

It is Mother who makes the appointments, and it is also Mother who prepares her child for his dental date. It should be



treated as a matter of fact, not a subject for discussion. It should be described like any other excursion, particularly like a visit to the physician, only this doctor is specially interested in Junior's teeth. Avoid "baiting" the child by special promises of treats, gifts, etc. if he behaves well.

Above all, Mother should not give her child the idea of fear. Many adults like to exaggerate their sufferings in the dental chair, which may have been real enough in the days before local anaesthetics were widely used. Never frighten your child by tales of torture, or threats of the drill or anything else so silly. If you do, you will be storing up trouble for him and for yourself.

It is not hypocrisy, but quite true, to tell a child that if he goes to a dentist regularly and looks after his teeth at home, he will enjoy his dental visits. Children brought up this way look forward to a session with their friend, the dentist.

Never try to fool your child. Don't tell him you are "just going down town"; then suddenly swing him into the dental office without warning. If



he is faced with corrective work, like straightening the teeth don't pretend that it won't be a nuisance. If your child trusts you, he can take bad news.

Praise him for behaving well in the dental chair. He will behave much better, by the way, if once you have stayed long enough to let him establish friendly relations with the dentist, you go out to do a little shopping. Incidentally the dentist prefers it, too, for it is easier to get co-operation from a child when only the dentist or the assistant is telling the child what to do!



Mother can also become informed on the role of fluorides in reducing tooth decay. Your family dentist will explain about the benefits and safety of fluoridation. The greatest benefit comes when the

teeth are forming — from birth to age 12. He can tell you whether your community's water is fluoridated. If it is or contains the proper amount of fluorides naturally, your child will have considerably less decay than he would have without the benefits of water fluoridation. The fluoride is carefully regulated into the water in the proportion of one part fluoride to one million parts water. The cost of this community service is nominal in comparison to the costs of dental treatment avoided.

If you do not have water with the recommended amount of fluoride, ask your family dentist about the use of tablets or drops which, if taken regularly at the prescribed doses, can supply the necessary fluoride for your child.

Several methods of applying fluorides to the surface of teeth are available. The dentist or his hygienist may paint the child's teeth with fluoride.

New methods of application to the surface of the teeth are being tried in the dental office, in public health and in the schools.

MOTHER CAN

- Make dental appointments a regular habit.
- Have her child face his introduction to the dentist with interest and confidence.
- Conduct the visit as a common life experience similar to an expedition for shopping or to see the physician.
- Make it an opportunity to praise him and build his self-confidence.
- Become informed on the role of fluorides in reducing tooth decay.